



# cognitive decline in New Mexico

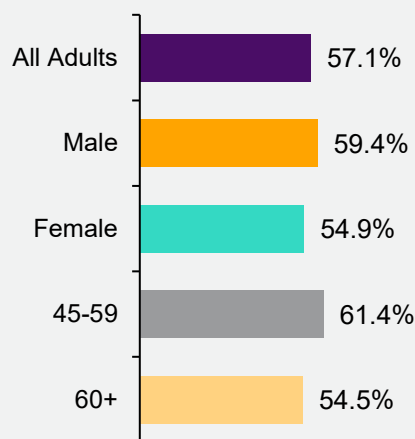
DATA FROM THE 2023 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

In New Mexico, 20.2% of adults 45 and older are experiencing subjective cognitive decline (SCD) – that is, thinking or memory problems that are getting worse.

## Among those with SCD...

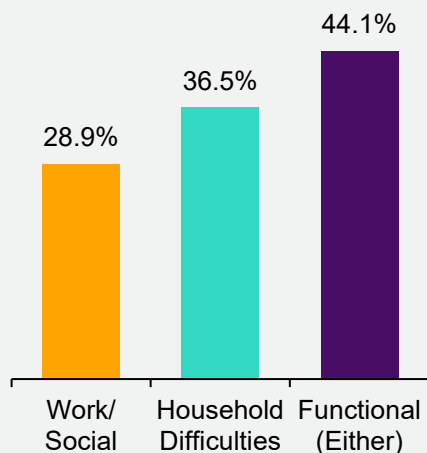
57.1% are worried about it.

Percentage with SCD who are worried



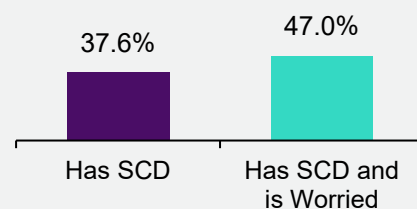
44.1% say it causes difficulties.

Percentage with SCD who have limitations



Only 37.6% have talked to a health professional about it.

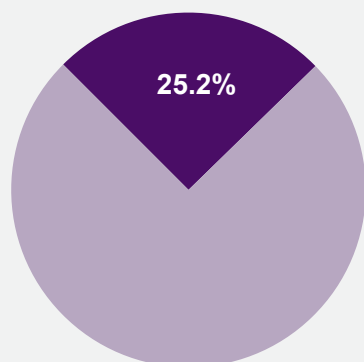
Percentage who have spoken to a health care provider



Those who are experiencing functional difficulties are more likely to talk to a provider . . .

25.2% live alone.

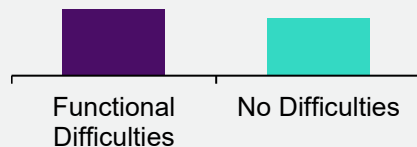
Percentage with SCD who live alone



### Percentage with SCD:

Female	20.0%
Male	20.5%
60 and older	20.3%
<High School	17.5%
High School	25.0%
Some College	21.4%
College Grad	17.4%
Income <\$15,000	30.4%
\$15,000 - \$24,999	30.2%
\$25,000 - \$49,999	22.6%
\$50,000 - \$74,999	23.8%
\$75,000 or more	12.8%
Veteran	17.7%
Fair/Poor Health	31.2%

40.6% 35.2%



Those without a high school education are least likely to talk to a provider. . .

27.8% 41.6%

